

Huevos Motuleos

Makes: 4 servings

Make this special breakfast when you have a little extra time.

Ingredients

- 1 cup** pinto beans (dry)
- 6 cups** water
- 8** small corn tortillas
- 4 ounces** ham (cooked and diced, about 1/2 cup)
- 2 cups** low-sodium canned peas (about 15 ounces)
- 4** egg whites
- 2 teaspoons** vegetable oil
- 1 cup** fresh tomato salsa

Directions

1. Soak the pinto beans in 3 cups of water overnight in the refrigerator. Drain. Boil the beans in 3 cups fresh water until they are soft. Drain the water and mash the beans into a paste.
2. Preheat oven to 350 degrees F.
3. Place tortillas on a cookie sheet and bake for 1 to 2 minutes. Remove cookie sheet from oven and let tortillas cool.
4. Spoon 1/4 cup of mashed beans on each tortilla. Drain peas and put 1/4 cup of peas on top of beans. Add 2 tablespoons of diced ham on top of peas.
5. Bake the tortillas for about 8 minutes.
6. In a mixing bowl, mix egg whites with vegetable oil.
7. Cook the egg whites in a nonstick pan over medium heat until firm. Cut the egg into 8 pieces.
8. Place baked tortillas on a plate. Cover ham and mashed beans with a piece of egg.
9. Add 2 tablespoons of salsa on each tortilla, and serve two tortillas per person.



Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 352 | |
| Total Fat | 6.5 g | 10% |
| Protein | 25 g | |
| Carbohydrates | 50 g | 17% |
| Dietary Fiber | 12 g | 48% |
| Saturated Fat | 1 g | 5% |
| Sodium | 322 mg | 13% |

MyPlate Food Groups

| | |
|------------|--------------|
| Vegetables | 1 1/2 cups |
| Grains | 1 1/2 ounces |

A Harvest of Recipes with USDA Foods